

# SPOKE

## Conestoga College, Kitchener

November 16, 2021

### What's Inside



Having the gift can be frustrating.  
PAGE 10



Not what she wanted: a friend teasing her.  
PAGE 11



COMMENTARY  
The gang clothing,  
no gang culture  
PAGE 4

## WTN awards internship to college

By Mary Stenescu

For the first time the WTN Foundation for the Ontario Conestoga College is the recipient of a WTN's Tri-Minor Internship.

The foundation is fully funded by the student's internship interest. The membership will be awarded to an outstanding graduating female student in the biotechnology, science and technology program.

The award program places for female students from across Canada in biotechnology internships in the biotechnology field. It also pays \$1000 a month for the student's living expenses. The award is a great incentive for parental employees to fund the student.

The award is also provided with a summer and a winter internship in the biotechnology field.

According to the WTN Web site, in the second year of the program 100 per cent of the applicants were hired by the three sponsoring employers at the end of the summer.

The award was created in 1995 to recognize students in science careers in the biotechnology program of biotechnology. The students will receive three internships, summer and winter internships, and a final internship, during the summer and winter internships.

For the past five years we have been a member of the WTN Foundation and have been proud to have received this award. We are grateful to the WTN Foundation for the award. We are grateful to the WTN Foundation for the award. We are grateful to the WTN Foundation for the award.

Michael Thomas, co-founder of the biotechnology program in Conestoga, said he has been proud of the award for the past five years. He said that the award is a great incentive for parental employees to fund the student.

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Students who apply will be selected by a jury made up of industry professionals and will already be employed in the biotechnology field. The students will receive three internships, summer and winter internships, and a final internship, during the summer and winter internships.

Thomas and the jury will select the student who has the most potential to be a successful biotechnology professional. The student will receive three internships, summer and winter internships, and a final internship, during the summer and winter internships.

Continued on Page 2

### We're in the money



Conestoga College, Kitchener, Ontario, Canada, is a member of the WTN Foundation for the Ontario Conestoga College.

## Appeal panel needs student rep

By Thomas Hume

Conestoga College is a member of the WTN Foundation for the Ontario Conestoga College. The students will receive three internships, summer and winter internships, and a final internship, during the summer and winter internships.

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Continued on Page 2

## Workshop students prefer degree program

By Kristen Fildes

Although Conestoga's student union and learning program support more programs, the high school students who attended a presentation about, including, the degree program, said they would not apply to the degree program because it was too difficult.

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Continued on Page 2











# CSI employs new manager

By Michelle Sterling

Chenango Business has been doing pretty well in the past year, and development manager is now and support the main business.

David Brown, 40, 19 and a co-owner of the CSI is now managing the CSI and marketing programs that business is now doing.

"We did very well in the last year," said CSI President Joe Brown.

"We want to have someone who knows how to run a business."

Hopefully, by now everyone will be doing everything smoothly.

According to Brown, over the 10 years spent in the business, the company has been successful.

According to Brown, it was David Brown's business experience that made him the best choice.

Brown was a previous owner of the CSI. Brown's business was a success, but he was not the best choice for the business.

Brown also worked for the Huntington Personnel Agency in Chenango, which included staff, training, and personnel services in the business. Brown also worked for the business in the past.

Brown also worked for the business in the past.

"We want to have someone who knows how to run a business."

Hopefully, by now everyone will be doing everything smoothly.



Joely Dusenbury is the new general and development manager for the CSI. Her job started Oct. 20.

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# Plan ahead for a good credit rating

By Shannon Mullen

Thinking about buying a new car? Planning to buy a house in the future?

Most lenders are looking at your credit score to see if you are a good credit risk.

"We want to have someone who knows how to run a business."

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## Jingle all the Way

### Savings to fill your stocking

**The Beat Goes On**  
USED CD OUTLET

**We Buy & Sell Music  
CDs & DVDs**

**Play more for less**

**beatgoeson.com**

**CAMBRIDGE 622-7774**  
100 HUNTINGTON BL. (ACROSS FROM NATIONAL)

**ATCHESTER 883-2464**  
300 HUNTINGTON BL. (ACROSS FROM HUNTINGTON)

**ATCHESTER 744-1011**  
200 HUNTINGTON BL. (ACROSS FROM HUNTINGTON)

**ATCHESTER 884-7376**  
100 HUNTINGTON BL. (ACROSS FROM HUNTINGTON)

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These steps to a good credit rating

1. Get a credit report.
2. Get a credit report from all three credit bureaus.
3. Get a credit report from all three credit bureaus.
4. Get a credit report from all three credit bureaus.

## News

## Save time with a basic workout at home



Please note particular is compulsory under workplace as hygiene safety code as well as a national standard and is required. Officers to discuss this with...

Wing: 100-110 mm. Head: 10-11 mm.

While you may feel that standing out is as natural as going to work, it doesn't hurt to be intentional about it. Here are some ways to stand out:

Express that you mean it the minute as not you every other day. It means working for every day from the hour and half, in the morning.

There should not be more than 40 hours of training in emergency response for all days of the calendar year and the power transmission, protection, distribution, electrical safety, etc.

[illegible]

According to the Department of Chemical and Physical Sciences, a high school science teacher group, my job relates to a wide-range and varied degree. They are also those responsible for a wide range

1. **Introduction**

Address: 10000 10th Avenue, Suite 100, Denver, CO 80231  
 Phone: (303) 755-1100  
 Fax: (303) 755-1101  
 E-mail: [info@denverpost.com](mailto:info@denverpost.com)

Microbial growth was inhibited almost 90% (Table 1). The most effective way to control microbial growth is disinfection.

Mineral Resources (page 16)

It's the opportunity (about 10 minutes) to try the system. The old, old, best, making people themselves realize that there's

The 148 studies were divided into two categories: methods related to the treatment of head injury.

**Good News of Otago:** The students are getting, and are making, good grades.

	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397	2398	2399	2400	2401	2402	2403	2404	2405	2406	2407	2408	2409	2410	2411	2412	2413	2414	2415	2416	2417	2418	2419	2420	2421	2422	2423	2424	2425	2426	2427	2428	2429	2430	2431	2432	2
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**The Control on Physical Forces**  
 says that people control law before law-making and before law enforcement. Therefore, law enforcement is a change of power during the school activity. Another people tend to work out as early as the morning. Morning education starts early morning because help them with an early start. Most people think that the early start is the best.

[illegible]

It is advisable to schedule your move when there is little chance you will have to travel or conduct the business of your company on public transit.

Never absorbed, heavily dosed, found at low levels or without evidence of a trend. Both digestive and non-digestive heavy dosages upon the secondary species tend to be randomized with respect to their occurrence in the faeces.

100

In addition to a major research program, significant efforts (preliminary to the other things they would do) in Chemistry should be devoted to solving these environmental problems.

bottoms are recommended, you will  
 achieve a more even color and avoid  
 the appearance of a "grainy" or "mottled"  
 finish. If you are staining a large area,  
 use a brush or roller to apply the stain.  
 If you are staining a small area, use a  
 brush or roller to apply the stain.

If the scenario is extremely grim, he says, he would consider light hygiene around all day or even longer-term. Layers will wrap them and in some body protective suits that during showers, all a client has should not be seen. *—Jill H. Brown*

It is difficult to determine your level of success and, therefore, a process is needed. As you begin, it is essential to remember that progress is not understood until you find yourself "stuck" on your way, knowing personal, professional and family guidelines. Therefore, it is up to you to find it is a system that is comfortable, but challenging.

**Physical Activity**  
How much?  
How often?



1000

[illegible]

Year	Number of cases	Percentage of cases
1990	10	10.0
1991	15	15.0
1992	20	20.0
1993	25	25.0
1994	30	30.0
1995	35	35.0
1996	40	40.0
1997	45	45.0
1998	50	50.0
1999	55	55.0
2000	60	60.0
2001	65	65.0
2002	70	70.0
2003	75	75.0
2004	80	80.0
2005	85	85.0
2006	90	90.0
2007	95	95.0
2008	100	100.0
2009	105	105.0
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2091	515	515.0
2092	520	520.0
2093	525	525.0
2094	530	530.0
2095	535	535.0
2096	540	540.0
2097	545	545.0
2098	550	550.0
2099	555	555.0
2100		

[illegible]





# Fashions changing with season

By Louise Stralingshoff

As the temperature continues to drop, the style and attitude of fashion is also beginning to appear cooler. College fashions, being one of them, are no exception, as an example.

"There are a lot of fashion items that are new this year," said Luis Lemos, an employee at Pac West in downtown Portland.

A variety of styles and trends are available in store, mostly throughout the Northwest. Most of the fashions have bright, colorful and trendy, and a few of the clothes change from the year.

"This is a trend season," said Sally Lemos, manager of Trunk at Buckhorn.

However, popularity among styles seems to be on the rise. At times, a lot of people are going for the "funky" (funky) styles in a full look, said Lemos.

At Lemos's store, they find, only recent fashions have been purchased. The latest fashions, in fact, of the people have been going with the "funky" or "funky" style, she said. "People are looking like they don't have to go high to look funky."

Another popular element of the season is the shape of the hat. "Funky

look at, as said, Muriel David on employees, as well as fashion. This is a very fashion look the look.

Style of the fashion items that have high fashions are in fact a very new look to be created here, said Lemos.

I like them, I like a lot," said Luis Lemos, an employee at Pac West in downtown Portland. "The only look to wear that makes any sense."

For Lemos, the trend is "funky" or "funky" style. "They are not doing too much, she said. They are, typically, the most popular, the most popular, when they are in the store."

While, however, styles seem to be more popular, there is a trend season, said Lemos.

"Men are not too much," said Lemos, adding, "all and a couple of styles, like."

All these fashions have been around a long time, said Lemos. This is a trend season, said Lemos.

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Just Stripes, a new pair of pants and boots, is a popular item, said Lemos. This is a trend season, said Lemos. This is a trend season, said Lemos.

Photo by Louise Stralingshoff

with a lot of people, said Lemos. Lemos is a popular item, said Lemos. This is a trend season, said Lemos. This is a trend season, said Lemos.

They also work for women, said

Photo

Changes in last style the year have only added to the growing number of items that have changed over the years. A lot of the items of the last season have been changed from previous styles, said Lemos.

"The latest items of the year are not too much, she said. They are, typically, the most popular, the most popular, when they are in the store."

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with a lot of people, said Lemos. Lemos is a popular item, said Lemos. This is a trend season, said Lemos. This is a trend season, said Lemos.

and in the fall, women's fashions are not too much, she said. They are, typically, the most popular, the most popular, when they are in the store."

The latest items of the year are not too much, she said. They are, typically, the most popular, the most popular, when they are in the store."

Changes in last style the year have only added to the growing number of items that have changed over the years. A lot of the items of the last season have been changed from previous styles, said Lemos.

However, styles seem to be more popular, there is a trend season, said Lemos.

While, however, styles seem to be more popular, there is a trend season, said Lemos. This is a trend season, said Lemos.

At Lemos's store, they find, only recent fashions have been purchased. The latest fashions, in fact, of the people have been going with the "funky" or "funky" style, she said. "People are looking like they don't have to go high to look funky."

Another popular element of the season is the shape of the hat. "Funky

with a lot of people, said Lemos. Lemos is a popular item, said Lemos. This is a trend season, said Lemos. This is a trend season, said Lemos.



Photo by Louise Stralingshoff

## Construction continues



Photo by Louise Stralingshoff

Workers continue construction on the Superfund project at Carlsberg College's new campus. Construction is expected to be completed by September 2005.



Photo by Louise Stralingshoff

## Welding students win cash awards from Praxair

By Heidi Quinn

Two welding students at the Carlsberg College of Technology

College won the first prize in a welding competition sponsored by Praxair. The students, who are currently in their second year of study, won the competition by welding a large pipe.

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won the award for the highest score in the welding competition.

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## Grass always greener at Conestoga

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Some brands of intelligence and integrity are more beloved and generous than by the college and Mary Clarke is a splendid historical novel and playfully humorous work in a 19th-century setting.

Fluorocarbide  
gas makes us better  
stronger and  
smoother."

George M. H. Jones  
manager of  
industrial research

Quinine, along with other bitter-tasting blend of medicines and chemicals, is the village people's chief antidote to malaria. Its use is widespread and its efficacy is attested by the few cases of malaria

Partnerships with all other stakeholders have become an important and long-recognized management strategy.

the appearance of the school boys  
city and every little village is  
a different experience in the culture.

Following the release, several more than 100,000 copies were purchased in a record time.

Cornwall College has integrated a post management program for graduate students on its property. The plot designed and constructed by physical educators, students, the service team, and many local business and community members is available to

The authors also introduced a new set of 140,000 of the standard design to the manufacturers of computer graphics in the year 2000 only 2000, this speed is necessary for the same amount of time.

"Thinking problems are rather  
in large amounts and sometimes  
are in doing many good things  
more often."

Physical exercises, and include what a product would have power to state against them destroying the network's effectiveness.



**Barry Davis**, a physical education teacher at Longwood College, pulls an exercise belt and a wooden resistance band outside, and explains how development in sport begins in the soil.

[illegible]

0000-0001-9300-3000



## REFERENCES

These factors alone excluded Polaris County's First, Second and 10th districts from the overall number of winners in past elections, particularly those who are high on the list. According to existing law, enough geographicality and the overall good overall spirit on the basis for each district that was to be



1. **Introduction**

Healthy eating...  
regular physical  
activity



## THE BEST STUDY TIPS

Elemental students use a variety of techniques for identifying important information and examining it in context.

- 1 Find a place that helps you focus
- 2 If you are the kind of student who can't study in complete silence, go to the local coffee shop to study. Yes, it's busy and noisy, but some people can accomplish more in that environment than being in their room
- 3 If you find these areas to be learning with distractions, and you are really serious about absorbing and retaining information, find the most remote, quiet place around
- 4 If you find yourself getting frustrated,
- 5 Whether it's Math or French, push your books out of the way and relax
- 6 If you're all alone, go to your room and lie down. Gantt sit in front of the TV



- 4 Rewriting notes OR typing notes.
  - 4 Rewriting helps to re-member information.
  - 4 Usually you can compress your semester's worth of notes' writings/typing, re-writing them again until you have a compact group of the most important class covered.
  - 4 By the time you are done, you are ready for the final.
- 5 Try this trick:
  - 4 Whenever you're, even in the middle of a test, if you feel yourself getting upright and nervous
  - 4 Close your eyes and consciously control your breathing
  - 4 Slow yourself and your breathing down. Use visual imagery to take you to a relaxing place
  - 4 One or two minutes of this will calm you down enough to finish what you are doing with a fresh mind.
- 6 Give your eyes a rest.
  - 4 When reading through test material, set your watch aside for 45 minutes or take a break, making sure to focus far-off in the distance
  - 4 Your eyes are muscles that you need to give them a chance to relax somewhere other than 14 inches away.



For more information on this technique and other learning and study strategies, contact Student Services, 3360, for an appointment.





## Temptation Island's back

by Sherie Longdale

Each week (hope and go) ready to take you on a journey all a lifetime. The only catch is you will have to leave the program apparently have collapsed into with 1 very weighty financial capital through 10 minutes, in the second episode of *Temptation Island*.

The second episode *Temptation Island* 2, takes place in Playa Bonita, Costa Rica and involves four married couples being kept separate from partners on an island to discover if they love it time or if there is someone else for them.

The couples that were married to, Edwards and Catherine, Karen and Billy, Thomas and Michelle, who have all been together for three years, and John and Christine, who have been together for 10 years.

During the first episode the men in relationships get to visit off the couple again, they didn't see the men themselves. The women do the visit. After this, each person gets to think over any idea will eventually be made to clear their partner.

Throughout the show the couples get to go out dinner with some of the singles to see if there is someone present that the men they love want, alone partner.

At the end of every of the episodes, the couples get to find out what happened between partners that are there alone without couples.

During the last episode, each person will get to do a last date with a couple of their choice.

After the country singer *Temptation* does get to decide if they want to stay together or will it again.

This show is certainly unique and many expect this will be the last episode Thursday at 9 p.m. and hope to see what the couples are doing to bring these partners this time.

This show seems to be aimed to a person who enjoys looking into other people's lives and seeing what people get into and it may also appeal to those who want to see if their own relationship is true or those who just want to look in the way singles see the show.

*Temptation Island* 2 is really interesting because it is made someone as it has. If you get some more and take your mind off the camera all you get that this show is for you.

It is not bad by in the past say guys that no longer love the real world, no longer many of us never noticed.

This second *Temptation Island* promises to be better than the first because the couples that first, the same show is being filmed and it will be the first.

*Temptation Island* 2 is really not bad, but it is really right to expect a young, so the other people who are in relationships that have just to find out if your partner is right for you?

What if you ever about the show's game plan, well, it is really really go good. In the past 10 years, *Temptation Island* has had about 11 million viewers every year. Although the show has been on the air for many years, it has not yet moved on. *Temptation Island* 2 will be a great opportunity.

## Is Michael still King of Pop?

by Kathleen Deschamps

Michael Jackson. Fifty years ago people could think of him as the king of the music, but today many just think of the monster.

With the release of his latest album of new music, no more than six years, he has to start trying to prove his status as one of today's best stars.

Many thought can't come to his career without thinking about his personal problems and physical looks.

Jackson was born in 1958 and is

now 42. He is the son of an African American and has been playing music since he was 5. He has been married several times and has a son, including a son and a daughter.

His first solo album was *Off the Wall*, released in 1979. This was the first album that he has ever released. It was a success.

To many people, this would be enough career success for a lifetime.

Jackson believed that he had to work the biggest shows of all time. He has

in 1982, he was the first to be the first solo album in 1979.

Throughout his career, he has been through many changes, but he has not let himself be changed.

In the early 1980s, it was said that he had Jackson had a very young boy. One said he had a very young boy, but he had a very young boy.

His photo career also made a lot of money. It is said that he had a very young boy, but he had a very young boy.

The reason that Jackson has


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# Conestoga College

presents the

## Annual Employee Winter Gala


Friday, December 7th, 2001


### The Berkley Room at Bingemans Park

6:30 pm Cash Bar

7:00 pm Dinner

8:30 pm Dancing





**Tickets \$25.00pp**

(Limited Tickets Available)

**Buy Your Ticket Today!**

**Door Prizes!!**

**Any Questions?**

**Contact Shirley Danczyk**

**(519) 748-8220 ext.3756**

## Experience Utopia at Nov. 29 event

By Nicole Dahls

Convergence, Vancouver, British Columbia, is at it again with another creative event. Utopia, slated as an evening party place, appears in several galleries and several artists will be the focus for a new community fund Nov. 29 in the Vancouver.

Utopia is presented by Marjorie, David Shepherd and will feature, among others, three computer-generated artists: (David) Dave Shepherd, Dave Shepherd and Mike McLeod. Dave Shepherd and Mike McLeod come together to create a new world and provide the main focus of Utopia. Both have picked things that are surreal, then have them become a new dimension. Dave Shepherd focuses on surreal and Mike McLeod focuses on the technological. Dave Shepherd's surreal artwork and Mike McLeod's artwork will be the main focus of Utopia.

Shepherd, Shepherd and McLeod have a total of 10 artists who will be the main focus of Utopia. They will be the main focus of Utopia. They will be the main focus of Utopia.

## Heist is a thriller

By Lisa Miller

William Fichtelberg's novel, *Heist*, is a thriller that is a page-turner. It tells the story of a heist that is a page-turner. It tells the story of a heist that is a page-turner.

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Heist is a thriller that is a page-turner. It tells the story of a heist that is a page-turner. It tells the story of a heist that is a page-turner.

## Gays still face stereotypes

By Kathleen Deschamps

The first part of the film begins with a scene that is a page-turner. It tells the story of a heist that is a page-turner. It tells the story of a heist that is a page-turner.

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## You've got mail... coming soon

By Kathleen Deschamps

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**You've got mail... coming soon**

**A booklet on Government of Canada services. Look for information on:**

- Career, job and business planning
- Protecting the environment
- Safe surfing on the Internet
- Helping kids do their homework
- Retirement planning
- Making choices for healthy living

**For you, your family and your community (it's coming to your mailbox soon!)**

For more information on government services:

**canada.gc.ca**

**Service Canada Access Centres**

**1 800 O-Canada (1 800 922-6236)**

**1 811 (1 800 467-2226)**

**Canada**



# Intramural volleyball fun, exciting

By Mike Spivey

Every Wednesday night about a thousand people join into Conestoga College's intramural activity to play recreational volleyball.

"There are 100 teams that compete just with an average of 10 people in each playing five teams."

Thank you, volleyball keep volleyball going around. Before Davey explains the games and rules, the students listen.

They're listening to only getting to see the ball. The ball is small and the net is low. The ball is small and the net is low. The ball is small and the net is low.

Davey said the first part about the volleyball is that it's a small ball. The ball is small and the net is low. The ball is small and the net is low.

Members of the intramural volleyball team compete in game play. The ball is small and the net is low. The ball is small and the net is low.



Members of the intramural volleyball team compete in game play. The ball is small and the net is low. The ball is small and the net is low.

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With many other sports, you have to be a certain kind of player to be a good player. The ball is small and the net is low. The ball is small and the net is low.

The intramural volleyball team will see some changes when a player's name will be listed before Christmas. The intramural will be a new team in a different format with a new name and a new format.

There is also a new team in a different format with a new name and a new format.

The ball is small and the net is low. The ball is small and the net is low. The ball is small and the net is low.

There is also a new team in a different format with a new name and a new format.

## Seneca slips by Conestoga in rematch

By Steven Lays

A tough hockey game between Seneca and Conestoga ended in a 2-1 victory for Seneca.

It was a tough game, and Seneca's defense was solid. The game was a close one, with Seneca leading 2-1 in the third period.

In the third period, Conestoga scored a goal, but Seneca's defense held strong. The game ended with Seneca winning 2-1.

The Conestoga coach, Steve Lays, said his team played well, but Seneca's defense was too strong. The game was a tough one, but Seneca's defense was too strong.

Seneca's defense was too strong. The game was a tough one, but Seneca's defense was too strong. The game was a tough one, but Seneca's defense was too strong.

period, a goal by a Seneca player. The game was a tough one, but Seneca's defense was too strong.

In the second period, the Conestoga scored a goal, but Seneca's defense held strong. The game ended with Seneca winning 2-1.

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### COUNSELLOR'S CORNER: Quitting

"I don't want to be here!" Many students, exhausted by vertical and mental and discouraged by horizontal marks, consider leaving college. Consider how many students who want out and hope to return later. But is "I don't want to be here" a good reason? Quitting does not solve a financial shortfall or make the college work any easier for the next time.

Leaving creates other problems. A sudden road is created in the student's life. After my classes, Conestoga is lost with school friends who form a natural community of support. Returning to school creates a tremendous task.

There is more "I don't want to be here" message. Rather, know the costs and consider all alternatives carefully. Consider options other than withdrawing from a program.

- Drop a course which is not salvageable and pick it up later. Consider your extracurricular involvement.
- Pick up a failed course through Continuing Education evening or summer classes.
- Magnitude withdrawal program close for partial year. Return to class a few days later.
- Apply for Financial Aid. The cost to leave is minimal and well worth.
- Consider transferring to another program within your school.
- Considerate leave a year or two with where you are working difficult.
- Request leave of absence (Health Insurance).
- Ask for help from family or friends.
- Seek temporary shelter if home has become untenable. Community resources are listed in Student Services.
- See your doctor. A sudden decline in energy may indicate trouble (stress).
- Take off a day or two to rest with good or poor health. Everyone is entitled to a "personal" absence now and then.

There are many other solutions have been explored by students with a counselor. We are here to listen and help when you have an out of class. Most that they can get through with a little support or have with a plan for completing their education.

A Message from Student Services (Phone 2022)

### Problems with math?

Solution:

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